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GUY KETTELHACK

Sober And Free Making Your Recovery Work For You

G Psacharopoulos



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Living with Alcoholism and Drug Addiction Nicholas Lessa,Sara D. Gilbert,2009 Explores the factors that lead to addiction how to recognize it and how to treat it an cope with its aftermath

First Year Sobriety Guy Kettelhack,2009-07-23 If the coronavirus pandemic has coincided with your first steps towards sobriety and recovery welcome Here s a guide for navigating the early days of life without alcohol and drugs The first in a series of three recovery guides First Year Sobriety uses personal stories to show that despite their differing experiences all are united in the process of living without alcohol or drugs First Year Sobriety uses the voices of many women and men who are struggling in the often baffling territory of their first year of sobriety to show that despite their differing experiences all are united in the process of giving life without alcohol or other drugs a chance These are people who are alternately amazed appalled delighted depressed illuminated disturbed or simply thrown by their first days weeks and months of sobriety Author Guy Kettelhack explores the challenges all seem to face learning to break through loneliness isolation and fear finding ways to deal with anger depression and resentment and learning how to deal with a new

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more confusing the treatment field is too often splintered into different approaches each with its own competing claims This eloquently written book proposes a narrative approach that builds a much needed bridge between family therapy psychodynamic therapy and addictions counseling Demonstrated are innovative flexible ways to help clients form new understandings of what has happened in their lives explore their relationships to drugs and alcohol and develop new stories to guide and nourish their recovery

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Enjoying the Tune of Expression: An Psychological Symphony within **Sober And Free Making Your Recovery Work For You**

In some sort of used by screens and the ceaseless chatter of instant interaction, the melodic beauty and psychological symphony developed by the written word frequently diminish in to the backdrop, eclipsed by the relentless noise and disruptions that permeate our lives. However, located within the pages of **Sober And Free Making Your Recovery Work For You** a charming literary value full of fresh thoughts, lies an immersive symphony waiting to be embraced. Constructed by an outstanding musician of language, that interesting masterpiece conducts viewers on a mental trip, skillfully unraveling the hidden melodies and profound affect resonating within each carefully crafted phrase. Within the depths of this emotional examination, we can examine the book is main harmonies, analyze its enthralling writing design, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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